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Volume 16, Issue 10

Tyler, Texas

October 2015

Monthly Group Meeting

Tyler Area Meeting
3rd Monday of Each Month
1901 Rickety Ln., Tyler

Contact

Phone: (903) 258-2547 www.TylerTCF.org • info@TylerTCF.org P.O. Box 9714 • Tyler, TX 75711

Chapter LeaderTina Loper SecretaryPat Settle Newsletter/Web SiteMary Lingle Tyler Meeting Facilitators: Leslie & Don Dixon

Steering Committee: Pat Settle, Sam Smith, David & Teresa Terrell, Mary Lingle, Lisa Schoonover, Cheri Zucca, Ellen Jenkins, Pam Pickett, Don & Leslie Dixon, Janet Majors, MaryAnn Girard, Trisha Mann Taylor

Joan & Bill Campbell, Regional Coordinators: (972) 935-0673 TCF National: (877) 969-0010 www.compassionatefriends.org

The Meeting Agenda

6:30 p.m. - Meeting will begin with refreshments followed by announcement of birthdays and anniversaries and reading of the Credo. We will then have open discussion.

8:00 p.m. - Meeting will close by recognizing our childrens' names. Feel free to visit after the meeting or check out books from our library.

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A Moment in Time

It's a sunny day, with a cool breeze blowing. I go out into the garden to pick fresh jalapeno peppers to add to my supper simmering on the stove. I jump over the flower beds my husband has been watering so diligently, their delicate new flower buds just beginning to show their colorful little faces. I can hear the birds in the trees all around me and my children screaming with joy somewhere behind our house as they play with neighbor kids. I step carefully in between the potted jalapeno plants in my bare feet. My husband watered them so drops of cool water fall onto my bare legs.

I have forgotten to bring something to put the peppers in so as I gather them with one hand I throw them into the fold I am making by holding the edge of my skirt up with my other hand. As I gather the peppers, pinching off each little pepper that is finally ready, some red, some yellow, some green, Keisha comes running to ask if I will put Ken's head back on—not once but twice! On the third round I inform her that Ken needs to go into the hospital for neck surgery and will not be available for visitation until tomorrow. She accepts this with little argument.

I bring all of my precious jalapenos into the house and begin chopping them into tiny pieces for the coconut chicken dish I am preparing. The smell of garlic simmering makes my stomach growl with anticipation. The windows and sliders are open. The sun is shining through the open windows and playing its warmth against the coolness of the breeze blowing through the windows. The sun shining on the warm bamboo and deep red fabric covering on my dinette set makes the whole room glow as if by the embers of a dying fire. It is the sun's triumph card and the whole room gives over to the warmth, so the wind in its insistence to be noticed begins blowing through the wind chimes and they tinkle ever so gently so that all of my senses are touched and I think, I don't ever remember being so content or so happy.

Keisha will have been gone for four years this September. And when I remember that moment, so many years ago, I realize that her death doesn't change it or take it away. Happiness is not a place that you get to and stay—but a moment in time that you pass through. One tiny little moment that can last you a lifetime. And when I hear other people's children screaming with joy somewhere in the distance, it doesn't help me to pretend that those are my children, or that this is my moment. I have had my moments. And I may have more. I don't know. And this grief that seems to be eternal, in the end, I may look back on it as a moment.

Vicki Knauss in memory of Keisha Knauss 7/6/96 to 9/29/11 TCF Tyler, TX

The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.



"But there was no need to be ashamed of tears, for tears bore witness that a man had the greatest of courage, the courage to suffer." — Viktor E. Frankl

Welcome

We extend a warm welcome to those who attended their first TCF meeting last month.

We deeply regret the circumstances that brought you to our TCF Chapter. The Compassionate Friends is a mutual assistance, not-for-profit, self-help organization that offers support and understanding to families who have experienced the death of a child. You are cordially invited to attend our monthly meeting (held the third Monday of the month). The meeting is open to everyone and free of charge. You are free to talk, cry or to sit in silence; we respect the individuality of mourning. Comments shared in the meetings remain confidential.

Our chapter is operated entirely by volunteers dedicated to furthering the work of TCF. Your voluntary, tax deductible donations honor your loved one(s) in a meaningful way by enabling us to print and mail this newsletter and meet other expenses involved in reaching out to other grieving families (100% of funds are used for this outreach). Donations, along with the name of the person being honored, may be sent to:

The Compassionate Friends of Tyler P.O. Box 9714 Tyler, Texas 75711

To Our New Members

Coming to your first meeting is the hardest thing to do. But, you have nothing to lose and much to gain. Try not to judge your first meeting as to whether or not TCF will work for you. The second, third or fourth meeting might be the time you will find the right person—or just the right words spoken that will help you in your grief work.

To Our Old Members

We need your encouragement and support. You are the string that ties our group together and the glue that makes it stick. Each meeting we have new parents. Think back—what would it have been like for you if there had not been any "oldies" to welcome you, share your grief and encourage you? It was from them you heard, "Your pain will not always be this bad; it really does get softer."

Grief Resources

Note: Some resources are based on individual opinion and experience and are not officially endorsed by the organization. The hope is that you may find a grief resource helpful to you and your family. We will continue to build on our resources column. Please let us know of any of your personal recommendations. Thank you.

Compassionate Friends (International Website) compassionatefriends.org Also offers grief support for **siblings** & **grandparents**

Children Are A Gift Foundation: www.childrenareagift.com

GriefShare: www.griefshare.org

MADD East Texas (Mothers Against Drunk Driving) www.madd.org/local-offices/tx/east-texas

Smith County Victim Services Division www.tdcj.state.tx.us/divisions/vs/counties/smith.html

The Hospice of East Texas: www.hospiceofeasttexas.org

Victim Services Division - Texas Department of Criminal Justice - Online Resource Directory www.tdcj.state.tx.us/divisions/vs

Survivors of Suicide: www.allianceofhope.org

Samaritan Counseling of Tyler: www.scctyler.org

Tyler Counseling & Assessment, LLP: www.tyler-counseling.com

Angel Layettes brings comfort to families grieving over the loss of an infant from miscarriage, stillbirth or death shortly after birth, and honor and dignity to the memory of the precious baby. Angel Layettes provides without charge custom designed burial layettes and keepsakes.angellayettes.org • 903-534-5212

University of Texas at Tyler Psychology and Counseling and Training Clinic: 903-593-2348

The Cope Foundation: www.copefoundation.org

Grief Camps for Kids: www.moyerfoundation.org/programs

WINGS was established through Hospice of East Texas in 1993 to help children navigate the grieving process. WINGS, "a comprehensive bereavement program that provides both emotional support and grief education," offers a camp (Camp G – grieve, grow and go forward) twice a year. For more information or to register for a grief support program, contact the Hospice of East Texas Bereavement Department at 903-266-3400 (Extension 127) or call 1-800-777-9860.

Group Meetings for Survivors of Trauma and Survivors of Suicide Loss, sponsored by Michael's House of Hope at the New Life Worship Center, 18535 Hwy. 69 S., Tyler, room 620. Call Dr. Timothy M. Roddam at 903-681-3161 for more information. Survivors of Trauma meets the the second Thursday of each month from 6-7 p.m.



We're on Facebook! Search for The Compassionate Friends of Tyler and Like our page.



Vous Nama

(Signature)



The Compassionate Friends Tyler

The Compassionate Friends of Tyler

P.O. Box 9714 Tyler, TX 75711

We are happy to send our newsletter to you. We hope that it is helpful to you to be kept informed of chapter resources and activities and that you still wish to receive our newsletters that contain excellent material relating to grief issues.

To keep our mailing list current, we do ask to hear from you each year making sure that our information is correct and that you still wish to receive our mailings. If we did not hear from you in the last year please indicate any appropriate choices below and return the form to the address at the bottom of this page.

Tour Name.				
Child's Name:		Relationship:		
Birth Date:	Death Date:	Cause	Cause of Death:	
Address:				
City:		State:	Zip:	
Home Telephone:				
E-mail:				
Please check any of followi	ng that apply.			
☐ Please continue sending	the newsletter.			
☐ No thank you, I'd prefer	to stop receiving the newsletter. (Newsletters are posted mo	onthly on our Web site.)	
☐ Please include my child's	s name and picture in the slide pre	sentation at the Candle Li	ighting Ceremony.	
☐ Please include my child's	s picture and information on the T	CF Tyler Web site. (www	.TylerTCF.org)	
☐ I am enclosing a memori	al to support The Compassionate	Friends in the amount of_		
☐ In memory of			Please make check payable to TCF	
Please use this gift for: \Box	TCF Newsletter Butterfly Rele	ease 🗖 Candle Lighting	☐ TCF Events	
	pter's work depends on donations. sider taking this time to give a gi	•	opportunity to give a donation in memto other newly bereaved parents.	
Lighting Ceremony or any	other TCF event. Permission may	be withdrawn at any time	by written request. This information is er activities such as the newsletter.	
			Date:	

Please return completed form to: The Compassionate Friends of Tyler, P.O. Box 9714, Tyler, TX 75711

"Vulnerability to death is one of the given conditions of life. We can't explain it any more than we can explain life itself. We can't control it, or sometimes even postpone it. All we can do is try to rise beyond the question, "Why did it happen?" and begin to ask the question, "What do I do now that it has happened?" —Harold S. Kushner

We need not walk alone.

Light a candle for all

Candle

... that their light

Lighting®

may always shine.

7 PM Around the Globe

Sunday, December 13, 2015

children who have died

Worldwide

The Compassionate Friends

Supporting Family After a Child Dies

"When we walk to the edge of all the light we have and take a step into the darkness of the unknown, we must believe one of two things will happen: there will be something solid for us to stand upon or we will be taught to fly." —Anonymous

October Birthdays



Donahue



Marshall Charles



Joey Moore



George Washington Shaw. III



Jeremy Mark Lawler

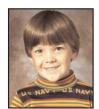


Andrews



Sandi McLain







James Brady Langston



Kendrick Clark

Kenneth Melvin





Suzie Gorman



Rosa Linda Serrano



Neil Defenbaugh



Emily Elizabeth Ellis





Jessica Maureen Nix Bonnie Lee Benson

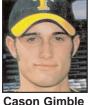


A.J. Huggins





Patti Ann Gage



Gauge Austin

Thomas



J.D. Adams

Ricardo Gonzalez



Michael Knight

Loren Saunders







Stephanie Mata



Todd Dean

Annual Candle Lighting Memorial

December will be here before we know it and we are asking for help with our Annual Candle Lighting Memorial on Sunday, December 13, 2015 at 7 p.m.

This is a great way to meet and get to know the members of The Compassionate Friends. Getting involved will likely help you as well as the other members! Everyone is needed and welcomed! Your participation will be appreciated on this special evening.

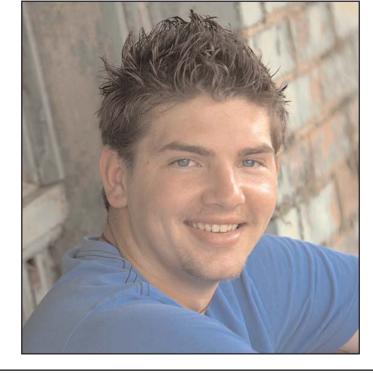
For ways to help, please contact us at (903) 258-2547 or info@TylerTCF.org.

Thanks!

Jake Schoonover

In loving memory of Jake

Lisa Schoonover



This month's printing of our newsletter sponsored by Lisa Schoonover. Call (903) 258-2547 to sponsor a monthly newsletter.

Continued on next page.

The Compassionate Friends The Compassionate Friends ______

October Anniversaries Cont.



Terry Brendon **Reed Pettit**



Phoebe Fair





Matthew Lehew



Robert Ryan White



Leon Wayne Lasiter



Chevenne Ramirez



Todd Andrew Thompson



Candace Beggs



Zachary Bradley



Trenton Cole Bailey



Randy Thomas Meyers



Stacy Hunter



Cheyenne Stevenson



John Patrick



Carnahan



Aaron Sullender





Madeline Joy Kearney



James Lee Lary



Alyssa Kathryn Crim





Jonathan Shipman Amanda Claire Miller

Out of the Darkness Walk

Walk Date: 10/24/2015

Walk Location: Bergfeld Park Check-in/Registration Time: 10/24/15, 10 a.m.

Walk Begins: 11:00 am; Walk Ends: 1:30 pm

For more information, please contact: **Contact Name: Gail Nobles** Contact Phone: 903-520-8437 Contact Email: gail22@msn.com Or: Kimberly Gordon (903-530-9064/ chztx@aol.com)

In loving memory of Lindsey by **Barbara Barton**



In loving memory of lake Schoonover by **Sue Roberts**



Thanks for your continued support of TCF of Tyler.

Embracing the Invisible Kinship of Compassionate Friends

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Every morning following the death of my son I awoke and thought, "my child is dead." The enormity of that realization each morning was crushing, the momentary shock was like a knife in my heart. I would drag myself out of bed and shed silent tears. My life was forever changed: my only child's life had ended. The unfairness would rock me into hyper-consciousness as I began my day. Living was a major effort.

Initially I could only cling to my sanity. After the shock passed, the depression and anger had me in a vise grip. My moods would swing every morning, afternoon and night. I would retreat into myself, irrationally lash out at others and then retreat back into myself. My mind would wander, I made silly mistakes in my work, I couldn't recall names of people who had been in my life for years and my word retrieval was at the bottom.

After two and half months of this grim routine, I attended my first Compassionate Friends' meeting. A friend drove me and guided me along into the meeting. I was in a haze. The only contribution I could make was to tearfully say my son's name. But I continued to attend.

As the newly bereaved, I was given the gift of wisdom from those who had been on this journey much longer than I had been. After several meetings I began contributing little bits. I still wept each time I talked, but I was talking. This was a major breakthrough for me.

Despite the negativity that enveloped me as I let go of my life before the death of my son, I continued to attend Compassionate Friends' meetings. I missed my son's ability to soften the vitriolic attitude of others who were in his life. Now I was on the firing line. I began sharing my experiences, the horrors of being sued for the wrongful death of my own child and the ache I felt for a once normal relationship with my son's children. Life was forever altered—for my grandchildren and for me.

The "wise ones" guided me along this path of grief. I learned to live in the moment. I learned to place no expectations on others. I learned that once burned is twice warned in human relationships. I learned that I could survive if I chose to do so. I also learned that to extend my compassion to others was to participate in my healing.

Eventually I wrote an article for our Compassionate Friends newsletter and gave it to the editor. Then I wrote another, and another, and another. Then I began printing the newsletter. Each step, each little contribution brought me closer to sanity. I was participating in the effort to help others in their journey of grief, and in doing this I was helping myself on the journey. I was working with those who had made this journey and survived. Perhaps I, too, would survive. Then I was asked to be the editor of the newsletter. At first I was fearful of this responsibility, but then I realized that I could, in some small way, help others whose children had died. And in offering that help, I could further my personal healing.

It's been 2 years, 8 months and 10 days since my son, Todd, was killed in a car accident. My husband, who was driving, has worked very hard to retain his sanity. I have learned to help him in that struggle. I have learned to accept that my relationship with my granddaughters was forever relegated to pure insignificance after my son died. I have learned that money is the alpha and the omega for some people and the pain they inflict to get money is justified in their minds. I have learned to accept life as it comes. I am the director of my life and no others.

How am I traversing that road from pure shock to accepting new normalcy? How do I keep my child with me and let go of the horrifying, life altering changes associated with his death? How do I deal with the stupefying actions of others that followed my son's death? The answer is as simple and as complex as the grief and compassion that lives within each parent whose child has died.

Through the efforts of the "wise ones," I found comfort and hope. The comfort offered by those who have lost a child is unlike any other we will experience. Their loss is the same as ours: the unspeakable, the worst nightmare, the darkest fear of every parent has now transformed into their reality. Their compassion is real. Their suggestions are gentle. Their wisdom comes over time and is the culmination of experiences which bring the realization that each of us progresses at a different rate, grieves in a different way and deals with life from a different perspective.

Those who have been here and choose to return, to relive the pain of their child's death in order to help others are the nucleus of our organization. And so, as each day goes by, I learn from others that I must learn for myself. My truth is unique. Each truth is unique. Each parent is unique. Each child is uniquely remembered by bereaved parents and every member of our Compassionate Friends' group.

I realized this week that my first thought of the day doesn't overwhelm me like it once did. My child lives in my heart. I have learned to live that reality. It is my hope to help other parents find this tiny vestige of peace.

Annette Mennen Baldwin, TCF Katy, TX ~ In memory of my son, Todd Mennen

______ The Compassionate Friends The Compassionate Friends

What Grieving People Want You to Know

- I am not strong. I'm just numb. When you tell me I am strong, I feel that you don't see me.
- I will not recover. This is not a cold or the flu. I'm not sick. I'm grieving and that's different. I will not always be grieving as intensely, but I will never forget my loved one and rather than recover, I want to incorporate his life and love into the rest of my life. That person is part of me and always will be, and sometimes I will remember him with joy and other times with a tear. Both are okay.
- I don't have to accept the death. Yes, I have to understand that it has happened and it is real, but there are just some things in life that are not acceptable.
- Please don't avoid me. You can't catch my grief. My world is painful, and when you are too afraid to call me or visit or say anything, you isolate me at a time when I most need to be cared about. If you don't know what to say, just come over, give me a hug or touch my arm, and gently say, "I'm sorry." You can even say, "I just don't know what to say, but I care, and want you to know that."
- Please don't say, "Call me if you need anything." I'll never call you because I have no idea what I need. Trying to figure out what you could do for me takes more energy than I have.

So, in advance, let me give you some ideas:

- Bring food.
- Offer to take my children to a movie or game so that I have some moments to myself.
- Send me a card on special holidays, birthdays (mine, his or hers), or the anniversary of the death, and be sure to mention her name. You can't make me cry. The tears are here and I will love you for giving me the opportunity to shed them, because someone cared enough about me to reach out on this difficult day.
- Ask me more than once to join you at a movie or lunch or dinner. I may say no at first or even for a while, but please don't give up on me because somewhere down the line, I may be ready, and if you've given up, then I really will be alone.

Virginia A. Simpson

Grieving

Grieving is as natural as crying when you are hurt, sleeping when you are tired, eating when you are hungry or sneezing when vour nose itches.

It's nature's way of healing a broken heart.

A cut finger is numb before it bleeds. It bleeds before it hurts. It hurts until it begins to heal. It forms a scab and itches until finally, the scab is gone and a small scar is left where once there was a wound.

Grief is the deepest wound you will ever have. Like a cut finger, it goes through stages and leaves a scar.

When you try to help someone heal from their pain, chances are you are probably healing yourself. Listen to the words within your own heart.

Patti Filion, The Compassionate Friends

Please Ask

Someone asked me about you today.

It's been so long since anyone has done that. It felt so good to talk about you, to share my memories of you, to simply say your

She asked me if I minded talking about what happened to you—or would it be too painful to speak of it.

I told her I think of it every day and speaking about it helps me to release the tormented thoughts whirling around in my head.

She said she never realized the pain would last this long. She apologized for not asking sooner.

I told her, "Thanks for asking."

I don't know if it was curiosity or concern that made her ask, but told her, "Please do it again sometime—soon."

Barbara Taylor Hudson

The Compassionate Friends



"Grief is a releasing process, a discovery process, a healing process. We cannot release or discover or heal by the use of our minds alone. The brain must follow the heart at a respectful distance." —Carol Staudacher

October Birthdays Cont.



Irish Faye aggerty



Sydney Jane Farris



Dana Regester





Amanda Anderson



Randy Meyers



Kara Belanger



Stevenson

Six months, but the grief is still raw, open to the bone, in the most unlikely places: the dentist's, restaurants, creative meetings, sitting on the john—I can still be engulfed in sobs.

In public I have to excuse myself or pretend something's gone down the wrong pipe. Once, in L.A., a guy actually gave me the Heimlich maneuver. I could hardly tell him it was okay, I was only choking on grief. — Tony Hendra

October Anniversaries







Christopher Bullock



Robin Reynolds

Rosa Linda Serrano



Chris O'Leary



















Jake Schoonover



Jacob Mikal Burrell







Continued on next page.

Please share your stories, poems or love messages for inclusion in our newsletter.

The Compassionate Friends



"It is ironic that the presence of an absence can be so emotionally devastating." —Bill Jenkins

One Way Ticket
For my daughter Kathy Robertson

You left your home in heaven to come to me, You were everything a mother would want her daughter to be.

There were fun times and some sad, But in all they weren't so bad.

I didn't realize time was going to be short with you, You stayed with me till your time was through.

You had a one-way ticket and even flew free, To be back home with Jesus where you were meant to be.

I miss you and love you—wish you were here, And I even shed a tear.

Good-bye my sweet daughter—I'll see you soon, When Jesus calls me home to you.

Carolyn Love ~ TCF, Tyler, TX

"10-12-13"

At some point in my life I guess I took it for granted I mistakenly assumed it would always be there.

Then one day nearly eight years ago, part of it went missing I'm still searching, I can't find it anywhere.

I remember what it feels like to have it.
It used to be small enough to hold in my hands.
We raised it with love and watched it grow
Two beautiful young boys had each become a man.

I can recall several moments of unbridled joy.
I remember little things that made us happy back then.
I would have cherished those moments more at that time
Had I known that they would never be the same again.

For several years happiness didn't seem to exist at all I wondered if it would ever come back—and when.

When it began to return, it felt like a passing shadow

A fleeting glimpse of something I thought I'd never see again.

I know the time and the place when it will finally be here When all of our emotions will once again be complete. A taste of happiness that on one hand will be absolute On the other hand, it will also be sadly bittersweet.

We were blessed with two children, one is no longer here.
Our glass remains half full, but a wonderful day is near.
Happiness will make its long-awaited return
At the wedding of our son, in October of this year.

Tom Murphy
Greater Cincinnati TCF, East Chapter, OH
For Jarred, in memory of Brennan Murphy

Now That I Am Gone

Now that I am gone, remember me with smiles and laughter. And if you need to cry, cry with your brother or sister who walks in grief beside you. And when you need me, put your arms around anyone and give to them what you need to give to me. There are so many who need so much. I want to leave you something something much better than words or sounds. Look for me in the people I've known or helped in some special way. Let me live in your heart as well as in your mind. You can love me most by letting your love reach out to our loved ones, by embracing them and living in their love. Love does not die, people do. So, when all that's left of me is love, give me away as best you can.

Author unknown

A Picture Out of Nowhere

Joyce Neely, TCF Tyler, TX

I came upon one day— The smile in your eyes showed the happiness you conveyed.

The two that stood behind you, Were they Angels in disguise? Knowing what would happen, So they put this pose aside.

It looks like you're in heaven, It must have seemed that way— That day, because the story in your Eyes, showed all you had to say!

I miss you so much Baby, but I know All is well—because only GOD can put A smile in your eyes for "Show & Tell."

Please share your stories, poems or love messages for inclusion in our newsletter.



They that love beyond the world cannot be separated by it. Death cannot kill what never dies.

—William Penn

Love Gifts



Thanks to the following people who make a MONTHLY LOVE GIFT to TCF of Tyler:

(For monthly donors we will post photos of your children on their Birthday and Anniversary dates.)

Merri Walsh in memory of Chris O'Leary - rent
Martha Lewis in memory of Burke - rent
Carol & Shane Johnson in memory of Jared Sheets - rent
Danny & Pat Settle in memory of Stephanie - rent
Claudette Brown in memory of Terry Wayne - rent
Dale & Phyllis Cavazos in memory of Chad - newsletter
Tina, Johnathan & Heather Loper
in memory of Christopher - TCF Phone
David & Teresa Terrell in memory of Andy use of a storage building

See more love gifts on page 6.



Newsletter Submissions

TCF Tyler welcomes all submissions to our newsletter. Send articles, poetry, love messages and scanned photos to: TCF Tyler, 5401 Hollytree Drive, 1204, Tyler, Texas 75703. Or email text and photos to: info@TylerTCF.org; We reserve the right to edit for space and/or content.

Deadline for submissions is the 5th of each month. TCF Chapters may copy articles from this publication provided credit is given to the author and the original source.

Errors and Omissions: We try very hard to be sure that all of the names and dates of our children are correct. If you see an error in the newsletter, please contact TCF at 903-258-2547. We want to get it right and will correct the information for future use. Thanks very much.

Email Addresses: If we do not have your email address or it has changed, please email it to Tina or Pat so that we may email you announcements and updates about TCF of Tyler. Tina's email: lilbluebutterfly6@gmail.com ~ Pat's email: beachbum2201@gmail.com

Thanks to all our families who Support TCF of Tyler with their love gifts.

Announcements

Tyler TCF Meeting: The meeting in Tyler is held on the third Monday of the month, 6:30 p.m., at 1901 Rickety Lane in Tyler. For more information, please call 903-258-2547.

Steering Committee Meeting: If you are interested in participating in our chapter by serving on the steering committee, please plan to attend a steering committee meeting. Anyone who would like to become more involved in TCF and serve on the steering committee is welcome to come! For more information about our next meeting, call 903-258-2547.

MADD Heart meets 2nd Tuesday of the month at the MADD office, 215 Winchester Dr. Ste., 100, Tyler, TX 75701. For more info call 888-665-6233 or email Carol King at carol.king@madd.org.

News from National: Compassionate Friends National offers webinars for the public on grief related topics. Upcoming public webinars will include Death of a Child By Suicide, Pregnancy and Infant Loss, The Death of a Special Needs Child and How Can I Help When A Child Dies? Check out www.compassionatefriends.org for dates and times.

Sixth and Final Quilt

We are compiling names and photos for the 6th and final quilt. Please mail your \$25 donation for a square, child's name, and make sure we have a quality picture of your child that will show up well. This will be the last quilt for our chapter so please let us know quickly as we anticipate the list of 30 will fill up fast. David and Teresa Terrell have generously donated their time and talent for the completed quilts and are no longer able to physically continue. You can mail your donation to TCF Tyler PO Box 9714 Tyler Texas 75711, please note on your check what it is for. Photos or questions can be emailed to lilbluebutterfly6@gmail.com.



